INTERESTING PAGE FOR WOMAN AND THE HOME Julia Chandler Mans

Heat Very Trying to Women's Nerves

They Neglect Their Bowels and the Poisons Vitiate the Blood.

concentence that the comes its account of the comes its especially in hot weather that on should keep up the highest lard of health, for it is necessary are strength to resist the heat first essentials are good digestion regular howel movement, and then red blood and steady nerves will we be not come to be comediated by an over-indulgence in fruits, to fit on are not ripe, or over-ripe, hence are dangerous, but in the first agents and pleasant-tasting I stimulant like Dr. Caldwell's prepain. Use it tonight and your inpution, indigestion, and sick aches will vanish by morning, as Henry Moeller, 1958 Lee Ave.

go, uses it herself and gives it to hildren, and Mrs. A. C. Caldwell, er, Colo, was once pale and sall-pooking, but now has a pretty com-





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BEAUTIFUL GARB HAPPINESS WEARS

Fortunate Than Ourselves.

little maid in a big city was reaching her tenth birthday, and ligent father, who for all the y er short life had endeavored to r

mmunicating with the principal of public achool, he learned that there poor children a-plenty who did not a well as his little daughter, and size it be principal, a woman, to fur-the names of girls to share in the ge birthday gift. She selected to ing in age from seven to 12, and i the day came around, the little ficiaries of the unusual way of injer-ma birthday happiness were on hand sceive their slice of the little girl's i choice.

Green et Their Hardships.

Miss Garelle guessed how dark and forbidding the outlook might be and she founded a modest little convalescent the area of the same of the same she founded a modest little convalescent de area of sixteen and twenty-six, may stay at the nominal rate of 25 cents a day. This includes three meals lodging and full opportunity for reat out in the open, where trees, hammocks, chara, blenty of magazines and books help the nours go by all too soon. The home provides a sewing machine, needles, thread and the like, together with inexpensive materials from which the girls may make themselves shirtwaists. If they have the will and the strength, while on the way to recovery. And the misse from a Victrola softly helps them along from a Victrola softly helps them along from a victrola softly helps them along from a victrola softly helps them election of salt air, and the very atmosphere invites them back to the health they had lost for a while.

The home extends its hospitality to sine girls at a time, and there is rarely on a day when the nine little sleeping come, with their restful furnishings, are

Cordellers and tassels are seen on the atest skirts. These cords are especially restly, when used to loop up soft draperies he tassel being alowed to fall loose, y over one opening left to display the an-

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A ginp tack or a bright beaded pin stuck through the doors and turned under will make the knobs. Some day, I will show you how to make a cute little kitchen clock.

PRINCESS SPINAWAY.

On the Train.

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